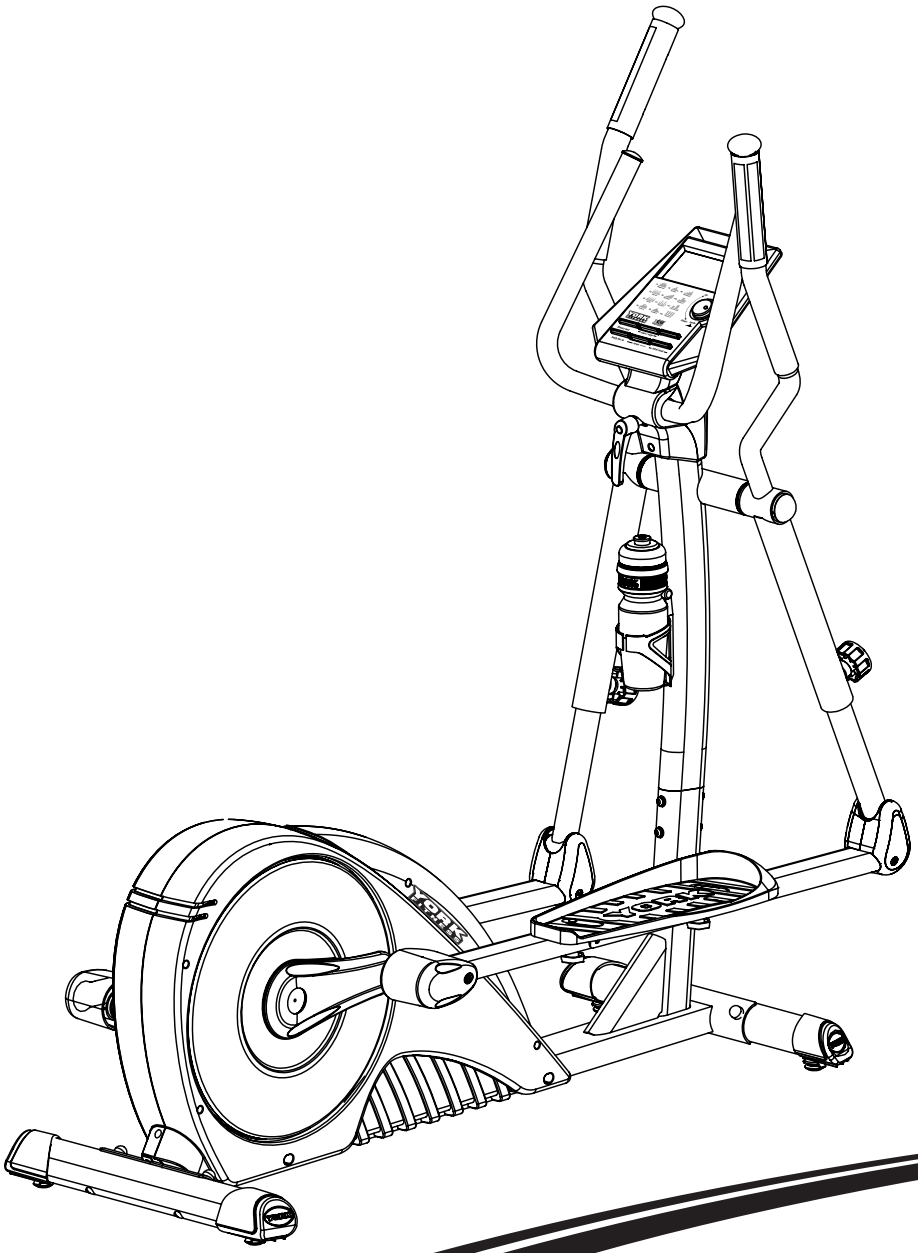
YORK FITNESS



diamond **x**301

owner's manual

yorkfitness.com

VERSION II - 28/05/2007

YORK FITNESS

Congratulations on purchasing a cross trainer from York Fitness.

You have chosen a high quality, safe and innovative piece of equipment as your training partner and we are certain it will keep you motivated on the way to achieving your personal fitness goals.

Please take the time to read this owner's manual as it will help you to get the most out of your new cross trainer. For more information visit www.yorkfitness.com

YORK FITNESS

contents

safety information	04
customer support	05
assembly instructions	06
user instructions - quick start - console display and feedback - button functions - using workout programs	11
cross trainer features explained	14
how to take care of your cross trainer	15
troubleshooting	15
exercising with your cross trainer	16
your warranty	17
exploded diagrams and parts list	18

safety information

PLEASE READ THIS INSTRUCTION MANUAL BEFORE YOU BEGIN ASSEMBLY. GREAT CARE HAS BEEN TAKEN TO DESIGN THESE INSTRUCTIONS AND FOLLOWING THEM WILL HELP YOU WITH QUICKER ASSEMBLY AND MINIMISE THE RISK OF INJURY

YOU ARE RESPONSIBLE FOR YOUR OWN SAFETY -
THIS LIST IS NOT EXHAUSTIVE.

- Always assemble and operate the product on a level surface
- Always use the product on a level surface, ensure that the product is stable before use.
- Always ensure that the equipment has adequate space on each side and front (the back can be near to a wall).
- The safety level of this equipment can only be maintained only if it is regularly examined for wear and tear.
- Replace defective components immediately, and/or keep the equipment out of use until it is repaired.
- Use only the adjustment settings as described in the instructions. Always use the correct adjustment pin/fixing.
- Always check that any pins / fixings are tight and secure before use and / or after adjustment.
- Never leave any adjustment devices projecting from the product.
- Always consult your doctor before undertaking any exercise program.
- Always wear suitable clothing and footwear e.g. tracksuit / shorts / training shoes
- Remove all personal jewellery before exercising.
- Ensure you warm-up well before using the equipment as this will help to prevent muscle strain.
- After eating, allow 1-2 hours before exercising as this will help to prevent muscle strain.
- Never overload the equipment – the maximum user weight of this cross trainer is 150kg.
- Never use the equipment in any other manner other than the ways explained in these instructions and/or any wall-chart supplied.
- Injuries to health may result from incorrect or excessive training.
- Parents and others in charge of children should be aware of their responsibility, because the natural play instinct and the fondness of experimenting of children can lead to situations and behaviour for which the training equipment is not intended
- If children are allowed to use the equipment, their mental and physical development and above all their temperament should be taken into account. They should be controlled and instructed in the correct use of the equipment.
- The equipment is under no circumstances suitable as a children's toy.
- Children should not be allowed on, or around the equipment - especially when it is not in use.
- This appliance is not intended for use by persons (including children) with reduced physical, sensory or mental capabilities, or lack of experience and knowledge, unless they have been given supervision or instruction concerning use of the appliance by a person responsible for their safety.

Safety Standards

This cross trainer meets the requirements of the EU's EMC and Low Voltage directives (where applicable), ISO 20957 parts 1 and 9 and AS 4092-1993. Therefore the product carries the following marks:

CE

This product is not suitable for therapeutic purposes.

! It is important that you keep these instructions for future reference.

Care & Maintenance

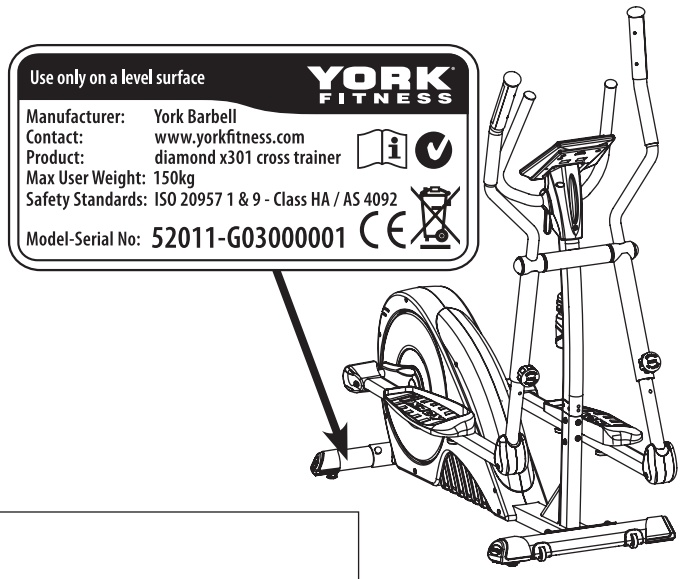
- Always place the equipment in a dry environment.
- Use a warm, damp cloth to keep the product clean.
- No wet cleaning of electrical components, unplug before any care and maintenance
- The safety level of the equipment can be maintained only if it is regularly examined for damage and wear. This includes any ropes, pulleys, nuts, bolts, moving parts, bushes, chains, wheels, bearings & connection points etc
- Ensure that you inspect the product regularly - at least once a week is recommended.
- Ensure that all fixings are tight before use.
- Always replace damaged / worn components with original parts from the manufacturer.

Protect the environment by not disposing of this product with household waste. Check your local authority for recycling advice and facilities (Europe only).

Customer Support

Should you require any assistance regarding this product please gather the following information, and then contact us using the details below:

1. serial no. - this can be found on the sticker below, located as indicated. For future reference, please write down your serial number in the space provided below.
2. Original purchase date
3. Place of purchase
4. Information about the place and conditions of use
5. Precise description of the issue/defect


Use only on a level surface
YORK FITNESS
Manufacturer: York Barbell
Contact: www.yorkfitness.com
Product: diamond x301 cross trainer
Max User Weight: 150kg
Safety Standards: ISO 20957 1 & 9 - Class HA / AS 4092
Model-Serial No: 52011-G03000001

Your Serial No. is:

Contact Us

ENGLAND
York Barbell (UK) Ltd. York Way, Daventry, Northants, England NN11 4YB
Tel: (01327) 701800 Helpdesk Tel: (01327) 701824 Fax: (01327) 706704 email: helpdesk@yorkfitness.co.uk

AUSTRALIA
Unit 1, Lot 2, Swaffham Road, Minto, N.S.W. 2566 Australia
Tel: (02) 9603 8333 Fax: (02) 9603 8555 email: service@yorkfitness.com.au

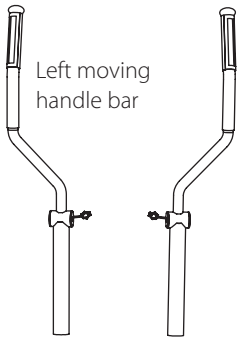
OTHER LOCATIONS
Please see website - www.yorkfitness.com

Before you start

1. **Prepare your work area -** it is important you assemble the product in a clean and uncluttered space.
2. **Work with a friend -** we recommend you have someone assist you with the assembly as some of the components are quite heavy.
3. **Open the carton -** checking any warnings on the carton and make sure you have it the right way up.
4. **Unpack the carton**

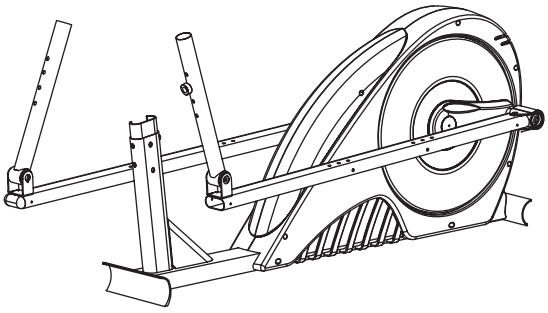
   Make sure you have the following parts:

! Some of fixing bolt is pack with plastic parts


Left moving handle bar

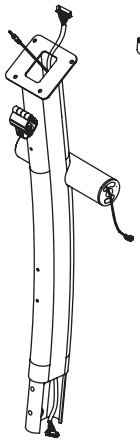
Right moving handle bar

handle bar x 1

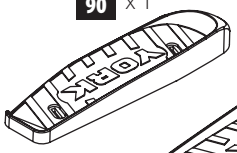


Part No. 97 Console x 1

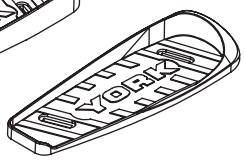
Part No. 2 Front post x 1



Part No. 90 Left footplate x 1



Part No. 91 Right footplate x 1



Part No. 87

Rear handlebar cover x 1

Part No. 86

Front handlebar cover x 1

Part No. 96

Water bottle holder x 1

Part No. 95

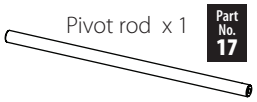
Water bottle x 1

Part No. 120

Left footplate pivot cover x 2

Part No. 121

Right footplate pivot cover x 2

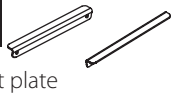

Pivot rod x 1

Part No. 17

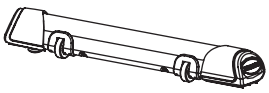
Part No. 82

Handle x 1

Part No. 10


Foot plate support bracket x 2

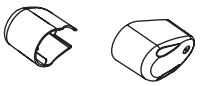
Part No. 12 Front stabilizer x 1



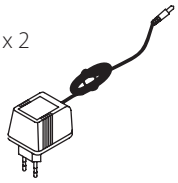
Part No. 13

Rear stabilizer x 1

Part No. 71


Footplate axle mount cover x 2

Part No. 107 Adaptor x 1



Fixings

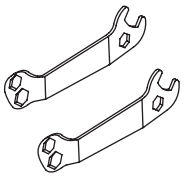
Part No. 28	83mm carriage bolt x 4	Part No. 48	Large flat washer x 2	Part No. 55	Small spring washer x 4	Part No. 81	Hand wheel x 2
Part No. 29	55mm carriage bolt x 4	Part No. 50	Small flat washer x 14	Part No. 56	Nylock nut x 4	Part No. 118	12mm screw x 2
Part No. 38	15mm allen head bolt x 10	Part No. 51	Small flat washer - black x 4	Part No. 62	Foot plate mount insert x 4	Part No. 119	15mm screw x 6
Part No. 40	20mm screw x 2	Part No. 53	Spring washer - black x 2	Part No. 78	Large Plastic cap x 4	Part No. 111	Plastic cap x 2
Part No. 43	15mm self tapping screw x 2	Part No. 54	Spring washer x 14	Part No. 80	Hand wheel x 4	Part No. 112	20mm hex head bolt x 2

Tools and Consumables

Part No. 117

Screwdriver and allen key x 1

Part No. 116


Multi spanner (10, 13, 14,15mm) x 2

! This cross trainer takes up a floor space of 150cm by 65cm and weighs 55 kg

! If you suspect you may have some parts missing, please contact us before going back to your retailer. Refer to the Customer Support section on page 5 for contact details.

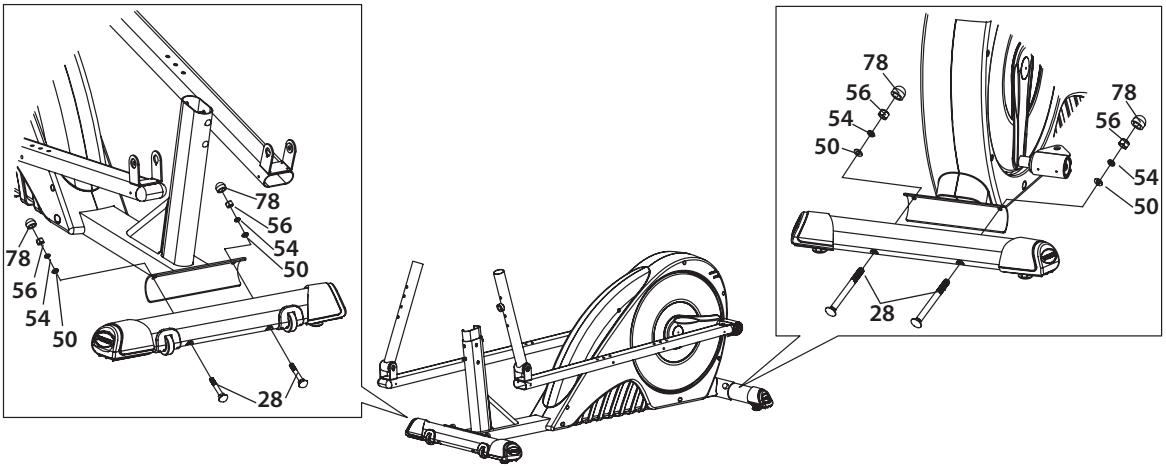
2. Attach the stabilisers

1. Attach the front and rear stabilisers with the nuts, bolts and washers as shown in the diagram
2. Be sure to fit the parts in the same order as the diagram

Check the bolts are fully tightened by making sure they penetrate through the top of the nut

FIXINGS:

Part No. 28	x 4
Part No. 50	x 4
Part No. 54	x 4
Part No. 56	x 4
Part No. 78	x 4



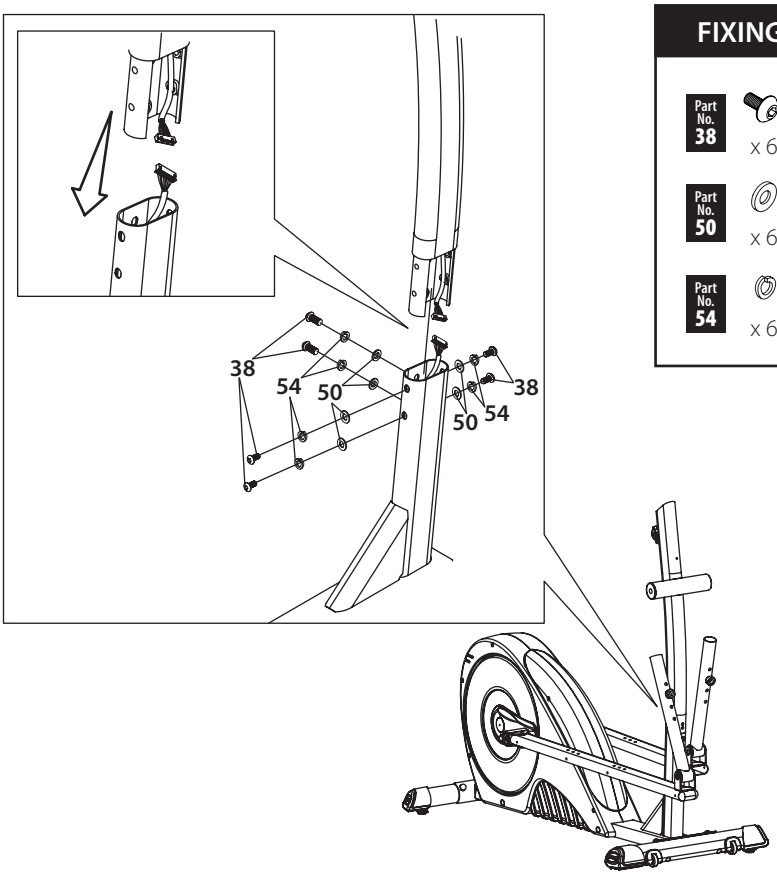
3. Attach the front post

1. Connect the computer cables as shown – make sure they are fully connected together
2. Slide the front post tube over the front post mounting
3. Secure in place using the bolts and washers as shown – be sure to fit them in the same order as the diagram

Make sure the bolts are fully tightened with the allen key

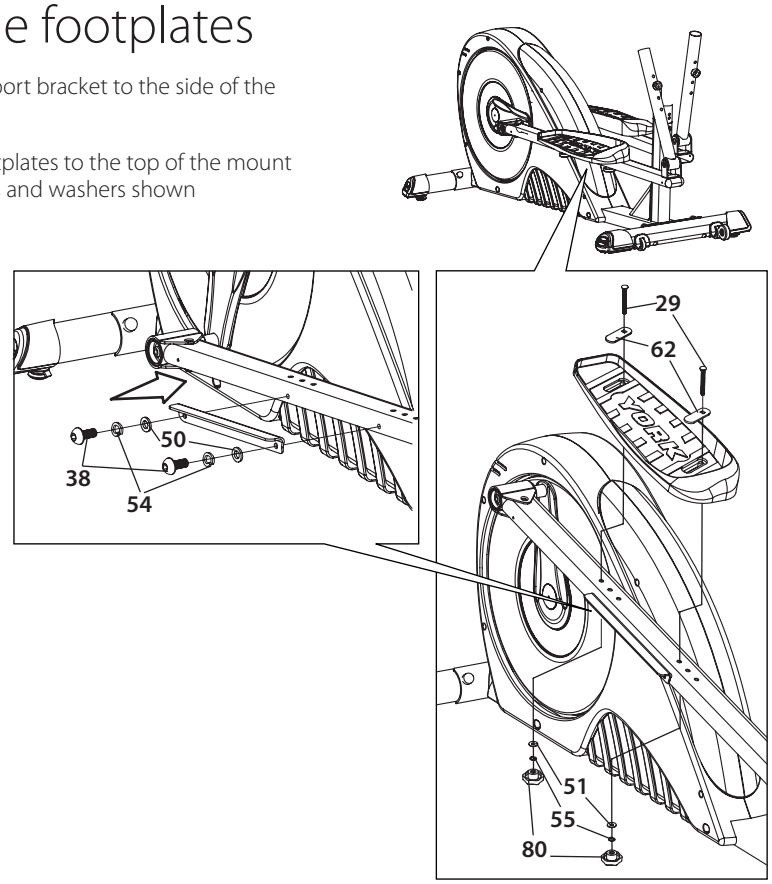
FIXINGS:

Part No. 38	x 6
Part No. 50	x 6
Part No. 54	x 6



4. Attach the footplates

1. First attach the support bracket to the side of the mount tube
2. Then attach the footplates to the top of the mount tube using the bolts and washers shown

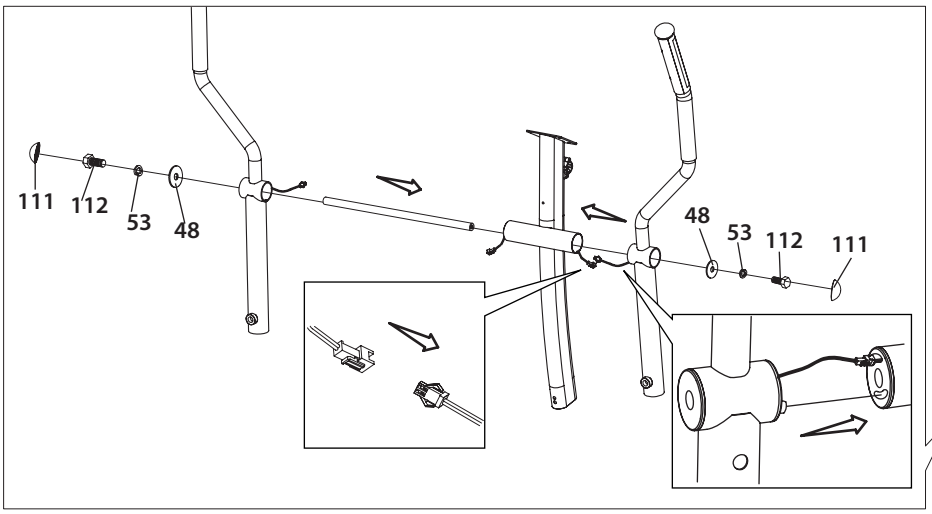


FIXINGS:

Part No. 29	x 4
Part No. 38	x 4
Part No. 50	x 4
Part No. 51	x 4
Part No. 54	x 4
Part No. 55	x 4
Part No. 62	x 4
Part No. 80	x 4

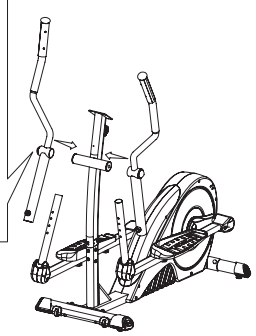
5. Attach the moving handlebars

1. Slide the pivot rod inside the tube on the front post as shown
2. Carefully slide one of the moving handlebars onto the pivot rod and connect the wires together as shown
3. Push any excess wire back into the tube on the front post and then secure the moving handlebar in place using the bolts and washers as shown
4. Repeat for the other side



FIXINGS:

Part No. 48	x 2
Part No. 53	x 2
Part No. 111	x 2
Part No. 112	x 2



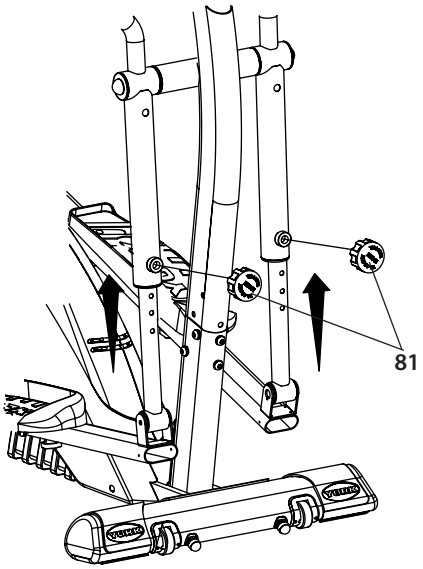
Take care not to trap the wires

6. Connect the upper and lower moving handlebars

FIXINGS:

Part No. 81 x 2

1. Slide the lower moving handlebar up into the tube of the upper moving handlebar
2. Choose a height adjustment hole and secure in position with the pull plunger
3. Repeat for the other side, making sure to choose the height adjustment hole in the same position

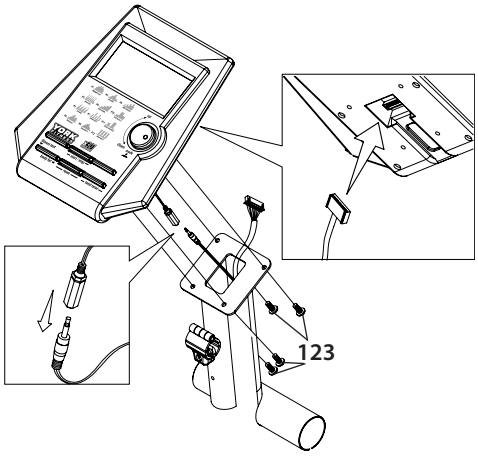


7. Attach the console

FIXINGS:

Part No. 123 x 4

1. Connect the wire to the back of the console
2. Secure the console onto the bracket using screws as shown (screws are located in the back of the console)



8. Attach the handlebars

FIXINGS:

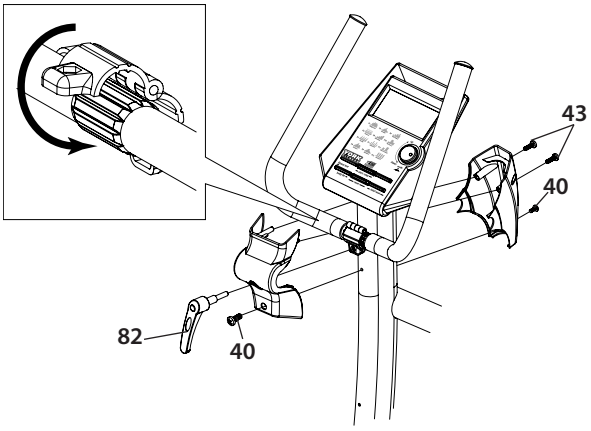
Part No. 40 x 2

Part No. 43 x 2

Part No. 82 x 1

1. Open the handlebar clamp bracket and place the handlebar inside
2. Close the clamp bracket and place the front and rear handlebar bracket covers over it
3. Secure in place using the handle and screws as shown

Make sure the handle bolts is fastend tightly



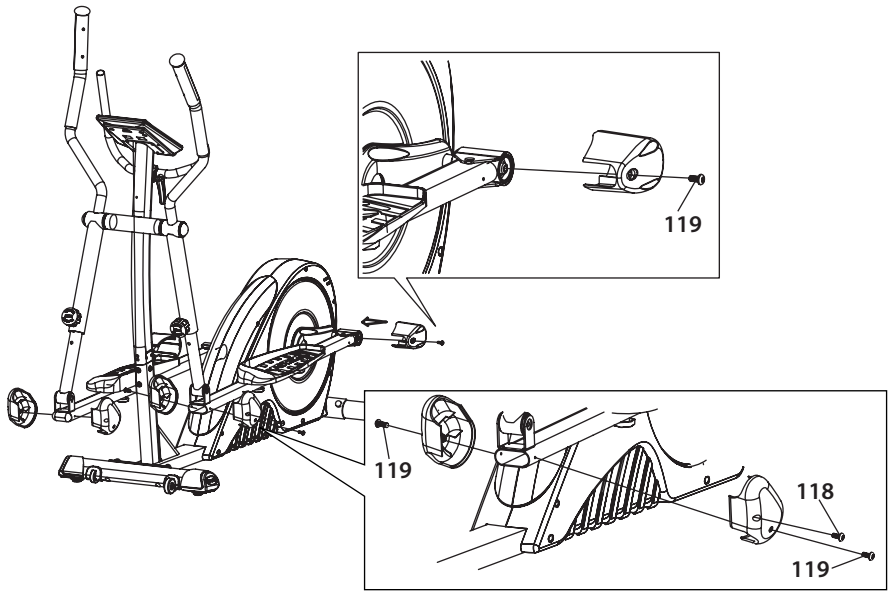
9. Attach the plastic covers

1. Attach the plastic covers using the screws as shown in the diagrams below

FIXINGS:

Part No. 118 x 2

Part No. 119 x 6

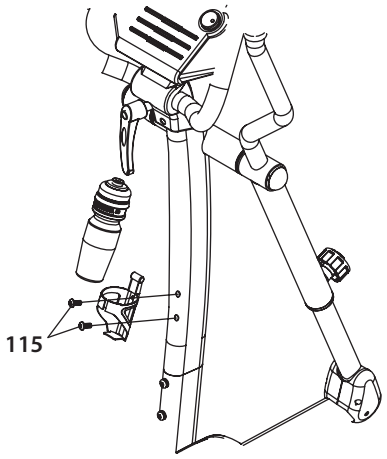


10. Attach the water bottle and holder

1. Fix the water bottle holder to the front post using the screws as shown (screws are located in the front post)
2. Slide the water bottle into the holder

FIXINGS:

Part No. 115 x 2



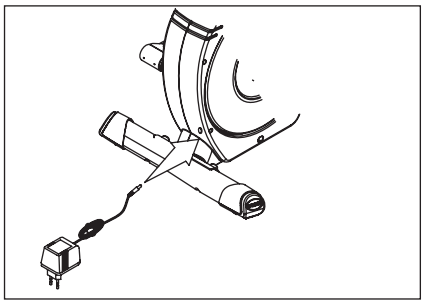
Final Checks

Your cross trainer is now assembled. Please make the following final checks before you use it for the first time.

- Make sure all screws / bolts are tightened
- Make sure you have positioned it on a flat, level surface

Power up

1. Plug one end of the adaptor into your cycle as shown
2. Plug the other end into a suitable AC outlet (220 – 240v – 50Hz)



Quick Start

Use this mode if you just want a quick workout session and are not interested in setting up any personal data:

1. Make sure the cross trainer is plugged in
2. Press the 'start / stop' button
3. Begin pedalling
4. Adjust the resistance level with the scroll wheel
5. The values of time, distance and calories will start counting upwards

Console Display and Feedback

Profile window
Displays resistance level in manual mode and program profile in program mode

Time
Time exercised this session; default counts up from zero, but counts down if a target has been set

Speed / RPM
Switches between revolutions per minute (RPM) or current speed you are pedalling at, in km/h

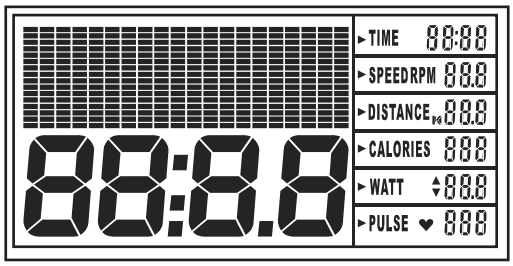
Distance
Distance travelled this session; default counts up from zero, but counts down if a target has been set

Calories
Approximate calories burned this session (for comparison only, not to be used for medical purposes); default counts up from zero, but counts down if a target has been set

Pulse ♥
Current heart rate in beats per minute (bpm)

Load
Current resistance level

Watt
Current level of effort being used, expressed in watts



Screen Display

Button Functions

	Pre – workout	During workout
mode / enter (push down on scroll wheel)	confirm settings	
scroll wheel clockwise	scroll upwards through setting values	increases the resistance level
scroll wheel anti-clockwise	scroll downwards through setting values	decreases the resistance level
start / stop	start your workout	pauses your workout – press again to re-start
fitness test		enter the fitness test program – use when your workout has ended
Body Fat	enter body fat analysis and BMI mode	
reset	reset current value, press and hold to return to 'user profile selection' screen	return to main menu
total reset	complete console reset	

Using Workout Programs

Set User Profile Data

This console allows you to store personal information for up to 4 individuals. The data you enter is used in various workout programs and means you don't need to enter personal data every time you select a different program. The first time you select the program you will have to enter your personal information:

1. Use 'up / down' buttons to select U1, U2, U3 or U4
2. Press 'mode' to confirm
3. Use 'up / down' buttons to input your sex (male or female)
4. Press 'mode' to confirm
5. Use 'up / down' buttons to input your age
6. Press 'mode' to confirm
7. Use 'up / down' buttons to input your height (in cm)
8. Press 'mode' to confirm
9. Use 'up / down' buttons to input your weight (in kg)
10. Press 'mode' to confirm

The console will now enter the 'main menu' mode, awaiting you to select a program and begin your workout. In 'main menu' mode 5 lights on the right of the screen will blink, indicating the following options:

- manual
- program
- user
- hrc (heart rate control)
- Watt

Please follow the relevant steps below to use each of the options.

Manual

In manual mode the user is free to adjust the resistance at any point throughout the workout.

1. Use the 'up / down' buttons to highlight 'manual'
2. Press 'mode' to confirm
3. Use the 'up / down' buttons to set your start resistance level
4. Press 'start / stop' to begin your workout

NOTE: you can also add to your manual program targets based on time, distance, calories or pulse rate. To do this, see the 'Target Program' instructions below.

Program

There are 12 pre-set programs available for you to choose from. The resistance level adjusts automatically throughout the program.

1. Use the 'up / down' buttons to highlight 'program'
2. Press 'mode' to confirm
3. Use the 'up / down' buttons to choose your program (P1 to P12)
4. Press 'mode' to confirm
5. Use the 'up / down' buttons to set your start resistance level
6. Press 'mode' to confirm
7. Press 'start / stop' to begin your workout

NOTE: you can also add to your program targets based on time, distance, calories or pulse rate. To do this, see the 'Target Program' instructions below.

User

This program allows you to create and save your own program profile. You need to set the resistance level for each of the 16 profile 'segments' as displayed in the profile window:

1. Use the 'up / down' buttons to highlight 'user'
2. Press 'mode' to confirm
3. Use the 'up / down' buttons to set the resistance level for the first segment
4. Press 'mode' to confirm
5. Repeat steps 3 and 4 until all 16 segments have been set
6. Press 'start / stop' to begin your workout

NOTE: once set up, this program is saved and can be re-used, simply press 'start / stop' to go straight into it. If you wish to change the program, complete the steps above.

HRC (heart rate control)

HRC programs work by automatically adjusting the resistance to keep you working out at your target heart rate. To do this the console will need your pulse reading throughout the exercise, which it gets from you either placing both hands on the pulse sensors, or using a chest strap.

- If your heart rate is too high the resistance is decreased
- If your heart rate is too low the resistance is increased

This console features 4 heart rate control programs:

- 55% - targeted to operate at 55% of your maximum heart rate
- 75% - targeted to operate at 75% of your maximum heart rate
- 90% - targeted to operate at 90% of your maximum heart rate
- Target – you can set your own target heart rate

1. Use the 'up / down' buttons to highlight 'HRC'
2. Press 'mode' to confirm
3. Use the 'up / down' buttons to select your program (55%, 75%, 90%, target)
4. As you scroll through the first 3 programs you will see you your target heart rate has already been worked out and is displayed for you - If you are happy with one of the target heart rate values displayed, press the 'start / stop' button to begin
5. If you want to enter your own target heart rate, choose the 'target' program by pressing the 'mode' button
6. Use the 'up / down' buttons to set a target heart rate
7. Press 'enter' to confirm
8. Press 'start / stop' to begin your workout

the 90% program should only be used by professional athletes or people with a very high level of fitness – exercising at this level can be dangerous if you do not know what you are doing

Please see the 'Exercising with your cross trainer' section for more details about the benefits of heart rate training

NOTE: you can also add to your HRC programs targets based on time, distance or calories. To do this, see the 'Target Program' instructions below.

Watt

The watt program allows you to work out at a specific level of effort (known as watts). The resistance is adjusted automatically to ensure you are using this pre-set effort level during your workout.

1. Scroll the wheel up and down to highlight 'watt'
2. Press 'enter' to confirm (push down on the scroll wheel)
3. Scroll the wheel up and down to set the level of effort (watts)
4. Press 'enter' to confirm
5. Press 'start / stop' to begin your workout

NOTE: if you scroll the wheel up and down during this program it will adjust the watts value, not the level of resistance.

NOTE: you can also add to your Watt program targets based on time, distance, calories or pulse rate. To do this, see the 'Target Program' instructions below.

Target Programs

You can choose to workout by setting a target based on time, distance travelled, calories burned or the pulse rate you want to achieve. When you reach your target the cycle will sound a short alarm.

1. Set up your desired program as described in the previous sections, but before pressing 'start / stop' to begin your exercise:
2. The value of 00:00 will be flashing in the 'time' window
3. Scroll the wheel up and down to set your TARGET TIME
4. Press 'enter' to confirm
5. the value of 00:00 will be flashing in the 'distance' window
6. Scroll the wheel up and down to set your TARGET DISTANCE
7. Press 'enter' to confirm
8. the value of 00:00 will be flashing in the 'calories' window
9. Scroll the wheel up and down to set your TARGET CALORIES
10. Press 'enter' to confirm
11. the value of 00:00 will be flashing in the 'calories' window (this option is not available if you are in the 'hrc' program)
12. Scroll the wheel up and down to set your TARGET PULSE
13. Press 'start / stop' to begin your workout

NOTE: you only have to set one of the targets described above, and once done you can press 'start / stop' to go straight into your workout, however, if you set multiple targets the workout will end when the first target is reached.

Using the other features of your console

Fitness test

Measures how quickly your heart rate returns to normal after exercise – it's a great way of measuring your fitness level and tracking your progress over time. When you have completed your workout:

1. Press the 'fitness test' button
2. Place both hands on the hand pulse sensors
3. Time will count down from 1:00 to 0:00
4. A result will be displayed between F1 and F6

F1 is the best and means your heart rate recovers quickly after exercise – you are very fit

F6 is the worst and means your heart rate recovers slowly after exercise – you are unfit

check the display to make sure your heart rate is being picked up by the console or else the fitness test will not work correctly

Body fat and BMI

This feature will measure your body fat % and perform a BMI (Body Mass Index) calculation. It uses the User Data already pre-set in U1 – U9 in the calculations. From the 'main menu':

1. Press the 'body fat' button
2. Place both hands on the hand pulse sensors
3. The display will show - - - - - - - for 8 seconds
4. It will then show your body fat %, related symbol and BMI (please see the tables to see what the result indicate)

Body Fat results

Male Value	Female Value	Symbol	Scale
<13%	<23%	-	Low
13% - 26%	23% - 36%	+	Low / Medium
26% - 30%	36% - 40%	▲	Medium
>30%	>40%	◆	Medium / High

BMI results

Value	Scale
<20	Low
20 - 24	Low/ Medium
24 - 26.5	Medium
>26.5	Medium / High

NOTE: the body fat % shown is for comparison only, and should not to be used for medical purposes

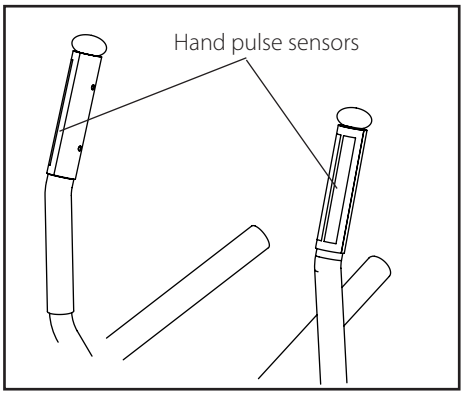
Monitoring your heart rate

This cross trainer has 2 ways of monitoring pulse rates:

Hand Pulse Sensors

This cross trainer is fitted with 2 hand pulse sensors. To obtain a pulse reading you must have both your left and right hand on the sensors at the same time. Do not grip the hand sensors too tight and allow the computer a few seconds to display the reading.

Some people may not be able to obtain an accurate hand pulse reading due to variations in circulation.



Wireless heart rate receiver

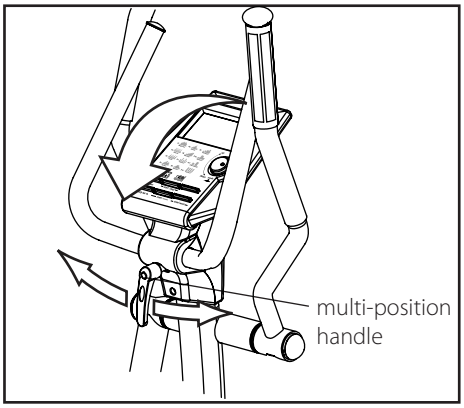
This cross trainer features a built in receiver meaning it will pick up the signal from a chest strap. A chest strap will give a heart rate reading to ECG accuracy. We recommend a chest strap is worn when using HRC programs. To purchase one, please see the 'Contact Us' section at the start of this manual or visit www.yorkfitness.com

Adjusting the handlebars

The handlebars can be adjusted to match your individual requirements;

1. loosen the multi-position handle
2. tilt the handlebars into your desired position
3. tighten the multi-position handle

NOTE: the multi-position handle features a clever ratchet design to help you tighten it – there's no need to turn the handle 360^0 - simply push the button in the centre of the handle to ratchet tighten

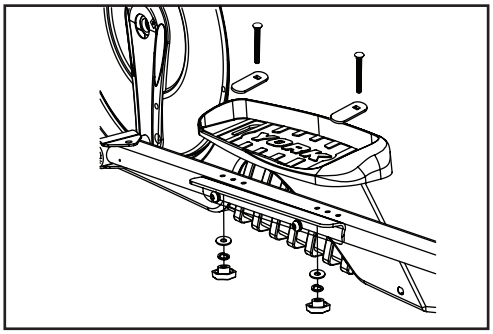


Adjusting the stride pattern

There are 2 sets of adjustments you can make to match the elliptical motion to your individual requirements:

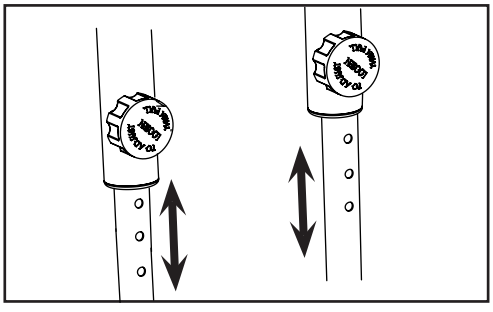
Change the footplate position

1. Remove the footplate by unscrewing the hand wheel underneath
2. Remove the bolts
3. Re-position the footplate into one of the 3 sets of holes
4. Re-position the bolts and tighten with the hand wheel
5. Make sure both the left and right footplate are in the same hole position



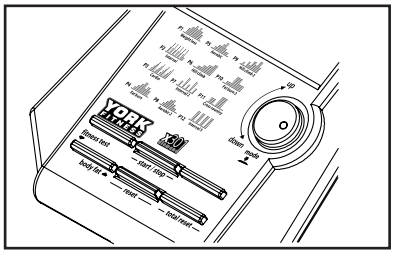
Change the height of the footplate mount tube

1. Loosen the hand wheel and pull the plunger
2. Adjust the tube up or down into one of the 4 adjustment holes
3. Let go of the plunger and re-tighten the hand wheel
4. Make sure both the left and right handlebars are in the same hole position



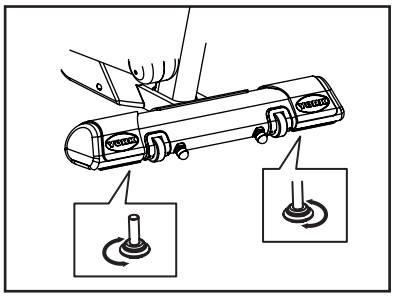
Adjusting the resistance

This cross trainer features a speed independent braking (resistance) system. The resistance is controlled by a magnet, which is moved closer or further away from the flywheel – the closer the magnet is to the flywheel the higher the resistance. The magnet is computer controlled, to adjust simply scroll the wheel on the console. The resistance levels go from 1 = easy to 16 = hard



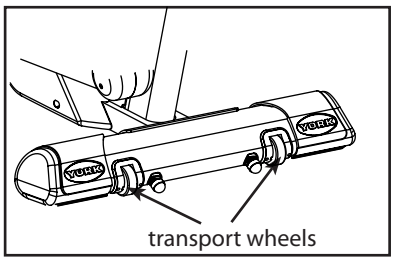
Levelling your cross trainer

To help you level the cross trainer on uneven surfaces, 2 height adjusters are included on the frront stabiliser. Simply twist these around to adjust the height of the cross trainer.



Transporting your cross trainer

Your cross trainer has 2 transport wheels to help you move it around. To engage the wheels, tilt the cross trainer towards you with the handle bars and then using the handlebars push the cross trainer to your desired location.



how to take care of your cross trainer

Storage

Keep the equipment in a dry place with as little temperature variation as possible. Try to protect from dust and always unplug when not in use (if applicable).

Maintenance

Ensure you regularly check components for wear and make sure all the nuts and bolts are tightened before each exercise session.

Cleaning

Use a warm, damp cloth to wipe the surfaces.
Mild detergent may be used if necessary.

Never remove the protective casing.

Troubleshooting

If you have a problem with your equipment, before you do anything else please check that all the cables have been connected correctly. Loose cables are very common and many problems can be solved by making sure the cables are properly connected

If you are having problems with your heart rate reading please note that some fibres used in clothes eg) polyester, create static electricity that may prevent a reliable heart rate reading. Mobile phones, TV's, microwaves and other electrical appliances that generate an electromagnetic field may also interfere with heart rate measurement.

If you are still having problems with your equipment, please get in touch with your local York distributor using the details found in the Customer Support section on page 5.

Always consult your doctor before undertaking a new exercise regime

If you experience nausea, dizziness or other abnormal symptoms during exercise, stop at once and consult your doctor

Starting your workout

Begin and end each workout with a Warm Up / Down session – a few minutes of stretching to help prevent strains, pulls and cramps

- Make sure the nearest footplate to you is in the lowest position
- Grasp the handlebars securely with both hands
- Step on - put your feet into the pedals one by one
- Your body should be centred over the pedals
- Begin to stride, follow the rhythm of the machine

Finishing your workout

- Slow your elliptical motion to a gradual stop
- Take your feet off the footplates one at a time

End each workout with a Warm Down session – a few minutes of stretching to help prevent strains, pulls and cramps

Correct exercising form

- Stand tall and straight. Don't slump - it will put unnecessary strain on your back and will result in less effective toning in the leg muscles. Make sure the machine is adjusted properly for your height so that you don't have to slouch to reach the handlebars. Similarly, you should not be leaning on the handles or gripping them too tightly.
- Stay relaxed. Keep your shoulders, arms, legs and hips loose and unlocked while using a cross trainer. Tension could lead to injury and will almost certainly make you sore.

All over body workout!

- For an all over body workout keep your hands on the moving arms
- To only work the lower body place the hands on the fixed handlebars
- To put the emphasis on the upper body push with your arms on the moving arms and reduce the amount of effort you are using with your legs
- To work different muscles in your legs, try going in reverse

How long should I exercise for?

That really depends on your current level of fitness. If you're just starting out on a new exercise program, you should start gradually and build up - do not try to do too much too quickly. 30 minutes, 3 times a week should be enough. Don't push yourself too hard - you should never feel exhausted during or following exercise.

Heart Rate Training

To get the most out of your new piece of fitness equipment and see the best results from your training you should exercise at the right level of effort, and that means listening to your heart! Working out to a target heart rate means you can direct your workout to achieve different goals:

Good health - For those wishing to improve quality of life and general well being. Your sessions will need to be done at an intensity of between 50-60% of your estimated maximum heart rate, should last about 30 minutes and can be done on most days of the week.

Weight loss – To see a significant reduction in body fat, your sessions must be a little more intense - between 60 and 70% of your estimated maximum heart rate. These sessions can also be performed on most days of the week for up to 30 minutes.

Improving Fitness levels –These sessions should be performed at 70-80% of your estimated maximum heart rate and can also involve bouts of interval training that would have your heart rate peaking for short times near your maximum heart rate level. These are intense sessions and will require at least a 48 hour rest between sessions.

Calculating your target heart rate

First, you need to find your estimated maximum heart rate using the formula 220 minus your age in years. So, if you are 35 years old your estimated maximum hear rate is:

220 - 35 = 185 beats per minutes (bpm)

Next, to calculate your target heart rate, simply multiply your estimated maximum heart rate (185bpm) by the applicable percentage. So, if your goal is better heath:

185 x 60% = 111bpm

NOTE: The important issue to remember with all estimated calculations is that they are just estimates – if you don't feel comfortable exercising at your target then reduce it to a level you are comfortable with.

NOTE: Heat rate training requires you to monitor your heart rate throughout the workout. For this we recommend using a chest strap (if your machine has a wireless receiver) or a heart rate monitor. For more information please visit yorkfitness.com or get in touch using the Contact Us details on page 5.

your warranty

This product is supplied with a standard warranty as follows:

- Lifetime frame
- 12 month other parts
- 12 months labour

This product is warranted for use in a home, personal, family or household environment

Please Note: Warranty details may vary from one market area to another

Warranty Terms

York Barbell Ltd. warrants that the Product you have purchased from an authorised York reseller is free from defects in materials and workmanship. The Warranty is valid subject to normal and reasonable use in the environment as described above, and correct assembly of the product during the warranty period. The warranty period extends to the original purchaser only. It is not transferable to anyone who subsequently purchases the Product from you.

The warranty excludes normal wear and tear on parts.

Your sales receipt, showing the date of purchase of the product, is your proof of the date of purchase.

This warranty becomes valid only if the Product is assembled / installed according to the instructions / directions included with the product. This warranty does not extend to any product that has been damaged or rendered defective: (a) as a result of accident, misuse, abuse or lack of reasonable care; (b) by the use of parts not manufactured by York Barbell or sold by York Barbell; (c) by modification of the product; (d) as a result of service by anyone else other than York Barbell or an authorised York Barbell warranty service provider.

During the warranty period York Barbell will at no additional charge provide replacement part(s) or repair the product (at York Barbell's option) if it becomes defective, malfunctions or otherwise fails to conform with this warranty under normal, non-commercial, personal, family or household use. In repairing the product, York Barbell may replace defective parts or at the option of York Barbell, use serviceable used parts that are equivalent to new parts in performance. All exchanged parts and products replaced under this warranty will become the property of York Barbell. York Barbell reserves the right to change manufacturers of any part to cover any existing warranty.

If the product must be returned, you must return the Product or defective part to York Barbell in its original container (or equivalent) with Proof of Purchase. Any evidence of alteration, erasing or forgery of proof of purchase documents will be cause to void this warranty. You must prepay any shipping charges and you are responsible for insuring any product or part that is returned. Should any product submitted for warranty service be found to be ineligible, an estimate of repair cost will be furnished and the repair will be made if requested, upon York Barbell's receipt of payment or acceptable arrangement of payment. Under no circumstances will returns be accepted without return authorisation by our Customer Service department.

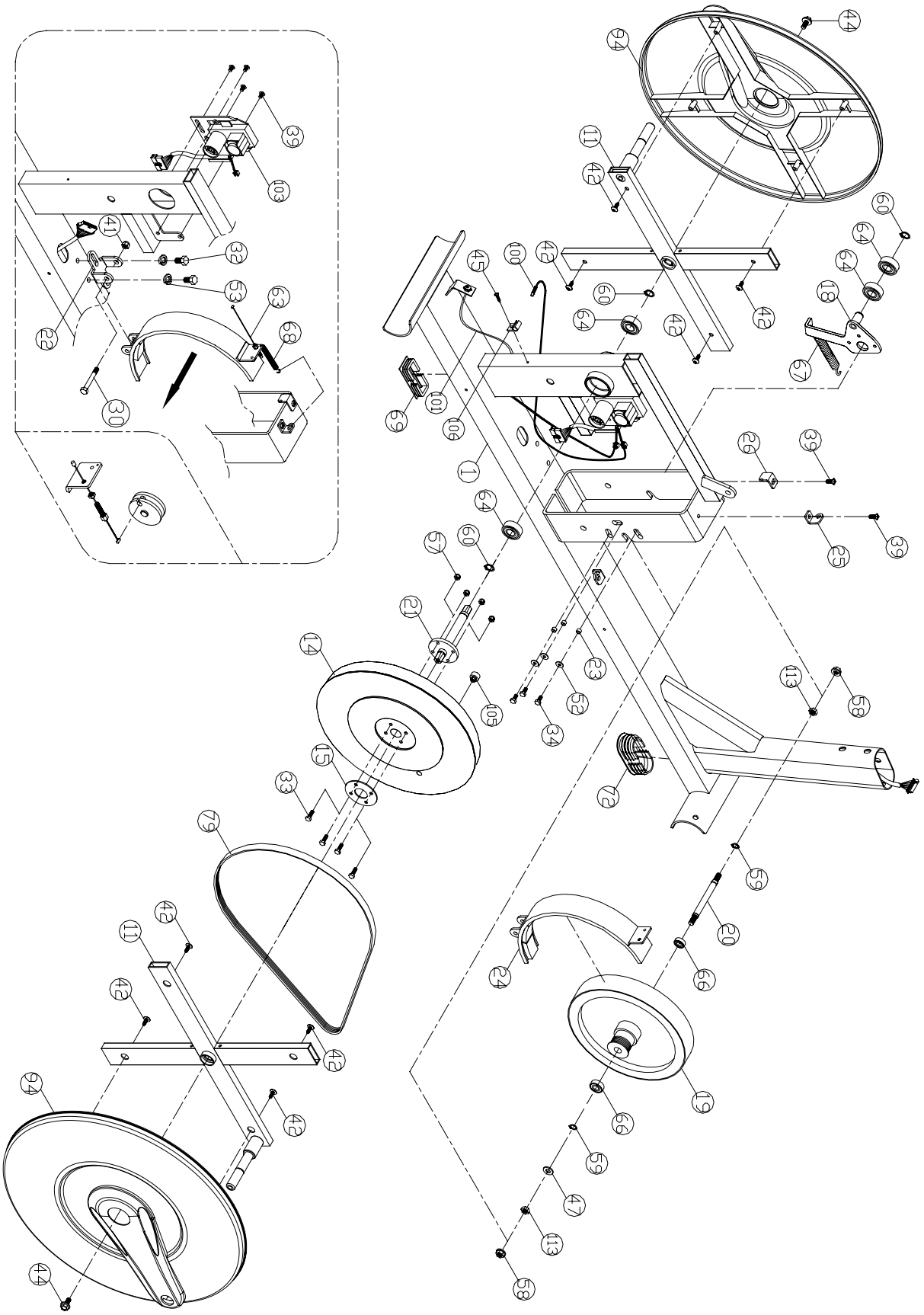
To obtain warranty service you must provide the following information:

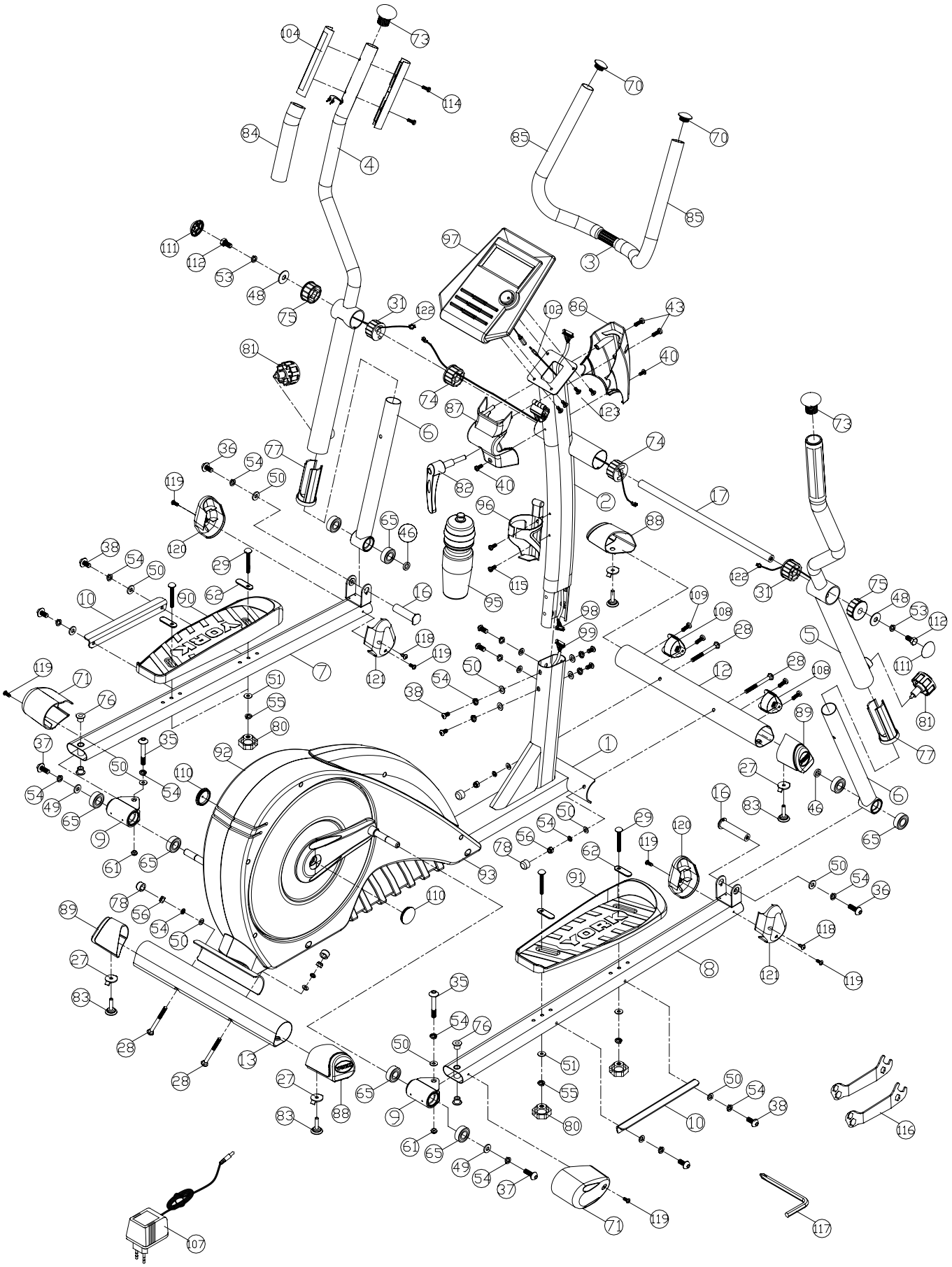
Name of Product, Product Code, Batch No, Date Purchased, and Nature of fault or part number required.

Neither dealer of this product nor any retail establishment selling this product has any authority to make any warranties or to promise remedies in addition to, or inconsistent with, those stated above. This warranty does not affect your statutory rights.

Please note that warranty terms may vary from one market area to another

exploded diagram





parts list

Ref.	Qty	Part no.	Part Description
1	1	YKA00168g5	Main Frame (X)
2	1	YKA00169g5	Front Post (X)
3	1	YKP00187c1	Narrow Handlebars
4	1	YKA00170g5	Moving Handlbar - Left
5	1	YKA00171g5	Moving Handlbar - Right
6	2	YKA00172g5	Moving Handlebar - Lower
7	1	YKA00173g5	Foot Plate Mount Tube - Left
8	1	YKA00174g5	Foot Plate Mount Tube - Right
9	2	YKA00175g5	Foot Plate Axle Mount Bracket
10	2	YKP00188g5	Foot Plate Support Bracket
11	2	YKA00178g5	Moving Disc Mount Frame
12	1	YKP00174g5	Front Stabilizer & Wheel Mount
13	1	YKP00175g5	Rear Stabilizer
14	1	YKF50130c1	Large Pulley Wheel (Ø350mm)
15	1	YKF50131c1	Mounting Bracket
16	2	YKA00176n1	Foot Plate Tube Front Pivot Shaft
17	1	YKF50132c1	Moving Handlebar Pivot Rod
18	1	YKA00177c1	Jockey Wheel Bracket
19	1	YKF50133b6	Flywheel
20	1	YKF50134	Flywheel Axle
21	1	YKF50135b6	Pedal/Disc Crank Axle
22	1	YKP00189c1	Pivot Bracket - Magnet Shoe Assembly
23	3	YKF10319b6	Bush (6.1 x 9 x 5.3mm)
24	1	YKF50136c1	Magnet Shoe Assembly
25	1	YKP00190c1	Spring Mount Bracket
26	1	YKP00191c1	Stop Bracket
27	4	YKF10252c1	Height Adjusting Ring (T3mm)
28	4	YKF10228n1	Carriage Bolt (M8 x 83mm)
29	4	YKF10320b6	Carriage Bolt (M6 x 55mm)
30	1	YKF10321b6	Hex Head Bolt (M8 x 52mm)
31	2	YKF20266b5	Pivot Rod Bush
32	2	YKF10211b6	Hex Head Bolt (M8 x 15mm)
33	4	YKF10346b6	Hex Head Bolt (M6 x 18mm)
34	3	YKF10275b6	Hex Head Bolt (M6 x 14mm)
35	2	YKF10323n1	Round Allen Head Bolt (M8 x 52mm)
36	2	YKF10324n1	Round Allen Head Bolt (M8 x 25mm)
37	2	YKF10325n1	Round Allen Head Bolt (M8 x 20mm)
38	10	YKF10247n1	Round Allen Head Bolt (M8 x 15mm)
39	6	YKF10326b6	Round Philips Head Machine Screw (M6 x 10mm)
40	2	YKF10229b6	Round Philips Head Machine Screw (M5 x 20mm)
41	1	YKF10246b6	Nyloc Nut (M8)
42	8	YKF10327b6	Round Philips Head Self Tapping Screw (5 x 12mm)
43	2	YKF10249b6	Round Philips Head Self Tapping Screw (4 x 15mm)
44	2	YKF10328b6	Hex Head Shoulder Bolt (M8 x 25mm)
45	1	YKF10264b6	Round Philips Head Self Tapping Screw (6 x 12mm)
46	2	YKF10329n1	Flat Washer (16 x 20 x 3mm)
47	1	YKF10273b6	Flat Washer (10 x 21mm x 2mm)
48	2	YKF10330n1	Flat Washer (8 x 28mm)
49	2	YKF10331n1	Flat Washer (8 x 18mm)
50	18	YKF10244n1	Flat Washer (8 x 16 x1.2mm)
51	4	YKF10332b6	Flat Washer (6 x 16 x 1.2mm)
52	3	YKF10333b6	Flat Washer (6 x 16 x 1.5mm)
53	4	YKF10245b6	Spring Washer (ID-8mm)
54	20	YKF10245n1	Spring Washer (ID-8mm)
55	4	YKF10240b6	Spring Washer (ID-6mm)
56	4	YKF10246n1	Nyloc Nut (M8)
57	4	YKF10267b6	Nyloc Nut (M6)
58	2	YKF10334b6	Nyloc Nut (3/8")
59	2	YKF10256b6	C Clip (C12)
60	3	YKF10263b6	C Clip (C17)
61	2	YKF10335n1	Hex Taper Nut (M8)
62	4	YKP00192b6	Foot Plate Mount Insert
63	1	YKF40070	Tension Cable (140mm)
64	4	YKF50107	Bearing (6203ZZ)
65	8	YKF50137	Bearing (6002)
66	2	YKF50098	Bearing (6001)
67	1	YKF10336b6	Spring (122mm)
68	1	YKF10337b6	Spring (65.8mm)
69	1	YKF20267b5	Rectangular Flat Internal End Cap (30 x 70mm x T-1.5mm tube)
70	2	YKF20223g4	Round Internal Top Hat End Cap (OD34mm)
71	2	YKF20284g4	Cover - Foot Plate Axle Mount Bracket
72	1	YKF20285b5	Oval Internal end cap
73	2	YKF20286g4	Round Mushroom Internal End Cap (29 x 59mm)
74	2	YKF20271b5	Pivot Rod Bush (Ø48.4 x Ø50.8 x 23mm)
75	2	YKF20272b5	Pivot Rod Bush (Ø46 x Ø50.8 x 23mm)
76	4	YKF20273b3	Plastic Top Hat Bush (18 x 11.5mm)
77	2	YKF20274b3	Reducer Insert\
78	10	YKF20202g4	Round Plastic Bolt Cap (Ø19 x 16mm)
79	1	YKF40071	Pulley Belt
80	4	YKF10338b5	Hand wheel - Female (M6)
81	2	YKF50138g4	Pull Plunger (M16 x 22mm)
82	1	YKF10230g4	Multi-Position Retaining Handle (M8 x 55mm)
83	4	YKF10253b3	Height Adjusting Foot (M8 x 42.5mm)
84	2	YKF30034g7	Foam Handgrip
85	2	YKF30035g7	Foam Handgrip
86	1	YKF20209g4	Handlebar Upper Cover - Rear (Oval Tube)
87	1	YKF20210g4	Handlebar Upper Cover - Front (Oval Tube)
88	2	YKF20203g4	Tear Drop External YORK End Cap - Front Left, Rear Right
89	2	YKF20204g4	Tear Drop External YORK End Cap - Front Right, Rear Left
90	1	YKF20275g4	Foot Plate - Left (YORK - Shaped)
91	1	YKF20276g4	Foot Plate - Right (YORK - Shaped)
92	1	YKF20277q11	Chain Cover - Left (X)
93	1	YKF20278q11	Chain Cover - Right (X)
94	2	YKF20279q11	Plastic Crank Detailed Disc - Moving (Ø436)
95	1	YKF20220q11	Water Bottle
96	1	YKF20212b3	Water Battle Holder
97	1	YKF60157q11	Computer (X) - (SM6686-71)
98	1	YKF60158b1	Computer Cable - Upper (900mm)
99	1	YKF60159b1	Connect Cable (1200mm)
100	1	YKF60160b1	Sensor Wire (350mm)
101	1	YKF60161b1	D.C. Socket (450mm x 3pin Female - D.C. Socket)
102	1	YKF60162b1	Hand Pulse Sensor Cable (450mm Single to Double)
103	1	YKF60163b1	Servo Motor Assembly (M05H)
104	2	YKF50139g4	Hand Pulse Sensor - Round Grip
105	1	YKF50106	Magnet
106	1	YKF20242b3	Sensor Mount Bracket (21 x 15mm)
107	1	YKF60119	AC Adaptor (9V-DC/1A) 3pin UK
		YKF60120	AC Adaptor (9V-DC/1A) 3pin AUST. / N.Z.
		YKF60121	AC Adaptor (9V-DC/1A) 2pin EU
108	2	YKF20221g4	Transport Wheel
109	4	YKF10269b6	Round Philips Head Self Tapping Screw (8 x 16mm)
110	2	YKF20280g4	Round Internal Centre Cap (Ø45.5 x 8.5mm)
111	2	YKF20281g4	Round Radius Plastic Bolt Cap (OD-43 x T-15.5mm, ID-13 x 13mm)
112	2	YKF10339b6	Hex Head Bolt (M8 x 20mm)
113	2	YKF10259c1	Hex Nut (3/8" x T3mm)
114	4	YKF10340b6	Round Philips Head Self Tapping Screw (3 x 15mm)
115	2	YKF10239b6	Round Philips Head Machine Screw (M5 x 15mm)
118	2	YKF10274b6	Round Philips Head Machine Screw (M3 x 12mm)
119	6	YKF10341b6	Round Philips Head Machine Screw (M4 x 15mm)
120	2	YKF20282g4	Cover - Foot Plate Tube Front Pivot - Left
121	2	YKF20283g4	Cover - Foot Plate Tube Front Pivot - Right
122	2	YKF60164b1	Hand Pulse Sensor Cable (750mm)
123	4	YKF10248b6	Round Philips Head Machine Screw (M5 x 10mm)
		TOOLS	
116	2	YKF70010	Multi Spanner (10, 13, 14, 15mm)
117	1	YKF70012	Philips Screwdriver & Allen Key (6mm x 105mm)